

# BULLDOG CAFÉ

# OCT

## MENU 2022

### GEAR UP FOR SWIM CLASS



One of the lessons that I grew up with was to always stay true to yourself and never let what somebody else says distract you from your goals.

## MONDAY

### 3<sup>RD</sup> BREAKFAST

Breakfast Wrap

### LUNCH

Chicken over Rice  
Roll  
Steam Broccoli

## TUESDAY

### 4<sup>TH</sup> BREAKFAST

Grandparents' Day

### LUNCH

Beef Fajitas  
Charro Beans  
Rice

## WEDNESDAY

### 5<sup>TH</sup> BREAKFAST

Cereal w/Toast

### LUNCH

Ravioli  
Garlic Bread  
Veggie Dippers

## THURSDAY

### 6<sup>TH</sup> BREAKFAST

Pancake & Bacon

### LUNCH

Beefy Mac  
Garlic Bread  
Green Beans

## FRIDAY

### 7<sup>TH</sup> BREAKFAST

Breakfast Bar w/Yogurt

### LUNCH

Pizza  
Corn  
Salad

10<sup>TH</sup>

**HOLIDAY**

### 11<sup>TH</sup> BREAKFAST

Cereal w/Graham Cracker

### LUNCH

Burritos w/Chili & Cheese  
Baked Chip  
Salad

### 12<sup>TH</sup> BREAKFAST

Breakfast Pizza

### LUNCH

Meatloaf  
Mashed Potato  
Green Beans

### 13<sup>TH</sup> BREAKFAST

Omelet w/Sausage Toast

### LUNCH

Lasagna  
Garlic Bread  
Salad

### 14<sup>TH</sup> BREAKFAST

Cinnamon Roll w/Yogurt

### LUNCH

Pizza  
Corn  
Salad

### 17<sup>TH</sup> BREAKFAST

Breakfast Burritos

### LUNCH

Chopped Beef on Bun  
Baked Chips  
Veggie Dippers

### 18<sup>TH</sup> BREAKFAST

French Toast w/Sausage Links

### LUNCH

Nachos  
Refried Beans  
Salad

### 19<sup>TH</sup> BREAKFAST

Bagel w/Cream Cheese

### LUNCH

Chicken Pie Pot w/Biscuit  
Veggie Dipper

### 20<sup>TH</sup> BREAKFAST

Sausage & Biscuit

### LUNCH

Steak Finger w/Gravy  
Mashed Potato  
Green Beans  
Rolls

### 21<sup>ST</sup> BREAKFAST

Muffins w/Yogurt

### LUNCH

Pizza  
Corn  
Salad

### 24<sup>TH</sup> BREAKFAST

Sausage Rolls

### LUNCH

Hamburgers  
French Fries  
Burger Salad

### 25<sup>TH</sup> BREAKFAST

Chicken Biscuit

### LUNCH

Crunchy Tacos  
Refried Beans  
Salad

### 26<sup>TH</sup> BREAKFAST

Oatmeal w/Toast

### LUNCH

Philly Cheese  
Baked Chips  
Veggie Dippers

### 27<sup>TH</sup> BREAKFAST

Sausage on Croissant

### LUNCH

Fried Chicken  
Mac & Chicken  
Green Beans

### 28<sup>TH</sup> BREAKFAST

Banana Bread w/Yogurt

### LUNCH

Pizza  
Corn  
Salad

### 31<sup>TH</sup> BREAKFAST

Cereal w/Toast

### LUNCH

Chicken Tenders  
Mashed Potato  
Steamed Broccoli



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

This product was funded by USDA.  
This institution is an equal opportunity provider.



Food and Nutrition Division  
National School Lunch Program



Updated 10/1/2022  
www.SquareMeals.org